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## What is claimed is:

An initialization method for a phase change type optical disc which
has a sequentially deposited layer structure of a first dielectric layer, a recording
layer, a second dielectric layer and a reflective layer on a substrate, comprising
the steps of:

irradiating a laser beam of a predetermined power onto a specimen optical disc:

increasing the power of the laser beam with constant rate;

detecting a reflectivity of the laser beam reflected from the optical disc in accordance with the increasing laser power;

detecting a saturated value of the reflectivity of the laser beam;

detecting an optimal power of the laser beam where the reflectivity belongs 70% to 90% of the saturated value; and

performing initialization by irradiating the laser beam having thus obtained optimal power onto the optical disc to be initialized.

- The method of claim 1, wherein the optimal power of the laser beam is determined where the reflectivity belongs 75% to 85% of the saturated value.
  - The method of claim 1, wherein
     the first and second dielectric layers are made of ZnS-SiO<sub>2</sub>; and
     the recording layer is made of GeSbTe.

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- 4. The method of claim 1, wherein the first and second dielectric layers are made of ZnS-SiO<sub>2</sub>; and the recording layer is made of AgInBTe.
- 5. The method of claim 1, wherein the irradiated laser beam has a wavelength of  $450 \sim 830$  nm.
- 6. An initialization method for a phase change type optical disc which has a sequentially deposited layer structure of a first dielectric layer, a recording layer, a second dielectric layer and a reflective layer on a substrate, comprising the steps of:

yielding a relationship between a power of an irradiated laser beam and a reflectivity of the laser beam reflected from a specimen optical disc;

detecting a saturated value of the reflectivity;

detecting an optimal power for the initialization where the reflectivity belongs 70% to 90% of the saturated value; and

performing initialization by irradiating the laser beam having thus obtained optimal power onto the optical disc to be initialized.

- 7. The method of claim 6, wherein the optimal power of the laser beam is determined where the reflectivity belongs 75% to 85% of the saturated value.
- The method of claim 6, wherein the recording layer is made of
   GeSbTe.

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- The method of claim 6, wherein the recording layer is made of AgInBTe.
  - 10. The method of claim 6, wherein the first and second dielectric layers are made of ZnS-SiO<sub>2</sub>; and the recording layer is made of GeSbTe.
  - 11. The method of claim 6, wherein the first and second dielectric layers are made of ZnS-SiO<sub>2</sub>, and the recording layer is made of AgInBTe.
- 12. The method of claim 6, wherein the irradiated laser beam has a wavelength of  $450 \sim 830$  nm.
- 13. An initialization method for a phase change type optical disc, comprising the steps of:

yielding a relationship between a power of an irradiated laser beam and a reflectivity of the laser beam reflected from a specimen optical disc;

detecting a saturated value of the reflectivity;

detecting an optimal power for the initialization where the reflectivity belongs 70% to 90% of the saturated value; and

performing initialization by irradiating the laser beam having thus obtained optimal power onto the optical disc to be initialized.

- 14. The method of claim 13, wherein the optimal power of the laser beam is determined where the reflectivity belongs 75% to 85% of the saturated value.
- 15. The method of claim 13, wherein the irradiated laser beam has a wavelength of  $450 \sim 830$  nm.